

Steps to a Healthier Weight

Making Nutrient-Dense Food Choices

Here are some foods that contain extra calories from solid fats and added sugars and some “smarter” replacements. Choices on the right side are more nutrient-dense — lower in solid fats and added sugars. Try these new ideas instead of your usual choices. This guide gives sample ideas — it is not a complete list. Use the Nutrition Facts label to help identify more alternatives.

Instead of...	Replace with...
Milk Group Sweetened fruit yogurt Whole milk Natural or processed cheese	Plain fat-free yogurt with fresh fruit Lowfat or fat-free milk Lowfat or reduced- fat cheese
Meat Group Beef (chuck, rib, brisket) Chicken with skin Lunch meats (such as bologna) Hot dogs (regular) Bacon or sausage Refried beans	Beef (loin, round), fat trimmed off Chicken without skin Lowfat lunch meats (95% to 97% fat free) Hot dogs (lower fat) Canadian bacon or lean ham Cooked or canned kidney or pinto beans
Grain Group Granola Sweetened cereals Pasta with cheese sauce Pasta with white sauce (alfredo) Croissants or pastries	Reduced fat granola Unsweetened cereals with cut-up fruit Pasta with vegetables (primavera) Pasta with red sauce (marinara) Toast or bread (try whole grain types)
Fruit Group Apple or berry pie Sweetened applesauce Canned fruit packed in syrup	Fresh apple or berries Unsweetened applesauce Canned fruit packed in juice or "lite" syrup
Vegetable Group Deep-fried french fries Baked potato with cheese sauce Fried vegetables	Oven-baked “french fries” Baked potato with salsa Steamed or roasted vegetables
Solid Fats Cream cheese Sour cream Regular margarine or butter	Light or fat-free cream cheese Plain lowfat or fat-free yogurt Light-spread margarines, diet margarine
Added Sugars Sugar-sweetened soft drinks Sweetened tea or drinks Syrup on pancakes or french toast Candy, cookies, cake, or pastry Sugar in recipes	Seltzer mixed with 100% fruit juice Unsweetened tea or water Unsweetened applesauce or berries as a topping Fresh or dried fruit Experiment with reducing amount and adding spices (cinnamon, nutmeg, etc.)

